

**ABSTRACT**

This invention relates to a therapeutic bag for use in hot or cold treatment therapy of injuries. The therapeutic bag comprises a chamber comprising a mouth and an interior containment pocket; a sealing mechanism fixedly attached to the chamber for sealing the interior  
5 containment pocket closed in a substantially leak-proof manner; and an attachment mechanism fixedly attached to the therapeutic bag for positioning and holding the chamber in a desired location. Also disclosed are methods of manufacturing the therapeutic bag and methods for using the therapeutic bag in a treatment protocol.